

BUILDING COHESIVE TEAMS THROUGH

CHARACTER

TRUST

RESILIENCE

Protecting Our People Protects Our Mission



SAAPM
Sexual Assault Awareness and Prevention Month

Self-Care for Survivors

After experiencing a sexual assault, a survivor may face long-term effects of trauma. They may feel many emotions – ranging from anger to sadness and depression. Prioritizing self-care can be an important step to promote well-being and help you cope with trauma in a healthy way.

Why Self-Care is Important

Sexual assault survivors may find it challenging to prioritize self-care activities among other priorities. However, self-care is vital to the healing process. By regularly practicing self-care, survivors can experience immediate benefits, such as a reduction in feelings of emotional burnout, increased mental and physical readiness, regained focus, and a boost to their self-esteem.

Practicing Self-Care Using the Five Dimensions of Personal Readiness

Self-care can look different for each person - there is no "right way" to do it. Survivors should feel empowered and supported to identify the self-care activities that feel right to them. Here are some examples:

Social

Find strength by staying connected and maintaining supportive relationships.

Examples of self-care activities:

- Build a tribe of people who support you and make you feel safe.
- When feeling down, make plans to go out with friends.
- If you're not comfortable talking with someone you know, reach out to the Safe Helpline to talk with a caring and supportive staff member. Call 877-995-5247.

Emotional

Emotional self-care is an important component of recovery. It boosts your ability to handle stress, problem-solving, and manage your feelings when they get overwhelming.

Examples of self-care activities:

- When feelings get overwhelming, practice deep breathing or meditation.
- If you're not ready to talk, write in a journal to work through what happened.
- If you're ready to talk, seek professional help from a therapist.

Spiritual

Spiritual strength can help in times of stress and hardship. These qualities can come from religious, philosophical, or human values.

Examples of self-care activities:

- Talk to a chaplain.
- Attend church or nonreligious services in-person or virtually.
- Read poetry or inspiring quotes for motivation.

Family

Your Family and friends give you a sense of belonging and connection.

Examples of self-care activities:

- Do a Family project together.
- Proactively connect with Family members.

Physical

Good physical health, nutrition, and sleep habits are important. Being in good physical health helps you better cope with trauma.

Examples of self-care activities:

- Get moving! Go for a walk, jog, or bike ride.
- Commit to 7-9 hours of sleep per night.
- Learn to cook a new healthy recipe.



**ARMY RESILIENCE
DIRECTORATE**

www.armyresilience.army.mil



SHARP
SEXUAL HARASSMENT/ASSAULT
RESPONSE AND PREVENTION

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

DoD Safe Helpline: 877-995-5247

RESOURCES TO SUPPORT SURVIVORS OF SEXUAL ASSAULT

DoD Safe Helpline Provides the Following Services:

24/7 DoD Safe Helpline: The DoD Safe Helpline is both anonymous and confidential, as well as secure. Staff members will listen to survivors' concerns, discuss safety planning, provide information about resources, and, when they are ready, connect them with local resources such as a Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA). Connect with the Safe Helpline by calling 877-995-5247.



Mobile App:

The DoD Safe Helpline is working to increase access to self-care activities for those affected by sexual assault through the Safe Helpline app. The app is a free and secure mobile resource that provides survivors of sexual assault with access to self-care activities. To learn more about the app, visit SafeHelpline.org/App or download the app for free on the [App Store](#) or [Google Play](#).

Ways the Safe Helpline App Can Help

Chat one-on-one with a staff member through the online Safe Helpline.

Call a staff member for support through the telephone Safe Helpline.

Learn from self-paced educational programs on topics like how to address the effects of sexual assault and how to support a survivor.

Self-Care plans with specially designed exercises are available for download.

Journal directly in the app. Journal entries are protected behind a 6-digit pin.

Coloring Books are available with six designs ranging from easy to difficult. They can help you stay grounded in the present when your thoughts become overwhelming.



Educational Modules:

The Safe Helpline website offers six self-paced modules to help those looking for support or information related to sexual assault. To learn more about the educational modules, visit safehelpline.org/education.

Sources: www.rainn.org, [ARD Ready and Resilient Guide](#).



www.armyresilience.army.mil
DoD Safe Helpline: 877-995-5247



SAAPM
Sexual Assault Awareness and Prevention Month